

Physical Culture and Self-Defense

By Robert Fitzsimmons, Champion Middle-Weight Fighter of the World; Champion Heavy-Weight Fighter of the World, 1887-1890; Instructor and Lecturer on Physical Culture.

HOW TO BREATHE.
Sometime ago I received the following communication:

"Mr. Robert Fitzsimmons New York:
"Dear Sir—I am a teacher of boys and girls from twelve to fifteen years of age. As an incentive to physical culture, I believe no name could make such an impression as that of Robert Fitzsimmons. Could you suggest some exercises to be used about fifteen or twenty minutes daily in the school-room—exercises that would tend toward a good carriage of the body, with good chest and limb development?"

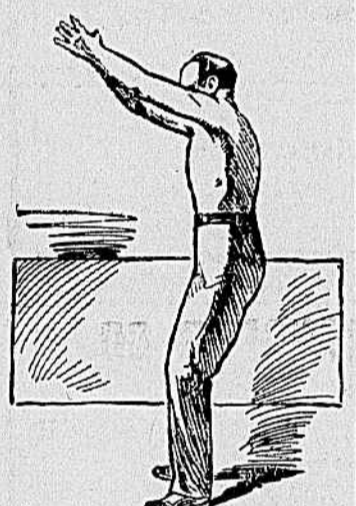
Very respectfully,
"MARY BRUCE HENDERSON."
I was glad to reply to the letter printed above, and suggested several exercises which, if faithfully used, would benefit not only boys and girls, but



Robert Fitzsimmons.

grown-up men and women as well. Before describing the exercises it may be said that their value in developing muscle cannot be overrated.

There is an unfortunate tendency in these modern athletic times to turn boys and girls loose in gymnasiums and allow them to exercise without any competent director. As a consequence many a boy makes impossible the very thing he aims to attain—a fine physique. He develops some part of his body disproportionately to the rest, and becomes muscle-bound before he reaches manhood, or he subjects his immature body to some violent exercise that results in a strain from which he may never fully recover. Do not think that you must have



Breathing Exercise, First Position—Work Arms Forward and Back, Filling Lungs.

dumb-bells, Indian clubs, or pulley weights to get strong. Let every boy remember, for this should appeal especially to boys, that some of the strongest men in the world have developed their great physical power without the aid of gymnastic paraphernalia of any kind, but simply by such exercises as I will explain.

Some years ago such a man rode from New York to Chicago on a bicycle. He took the ride merely for pleasure, and had no reputation as a cyclist, yet so great was his strength and endurance—gained by simple exercises—that he broke the record then existing for the journey. Let every boy who reads this try the exercises here outlined, and he will feel that they are doing him good. He

An Electric Belt Free

Send Your Application At Once To The Physician's Institute.

They Will Send You Absolutely Free One of Their 100 Gauge Supreme Electric Belts, the Best Which Has Ever Been Made. Wonderful Cure—You Can't Resist Even a Postage Stamp—Send Your Name and Address.



Seven years ago the State of Illinois granted to the Physician's Institute of Chicago a charter. There was need of something above the ordinary method of treatment for chronic diseases, something more than any one specialist or any number of specialists could independently do, so the State itself, under the powers granted it by its general laws, gave the power of the Physician's Institute to furnish to the sick such help as would make them well and strong. Ever since its establishment this Institute has endeavored in every possible way to carry out the original purposes of its establishment under the beneficent laws of the State.

Three years ago, the Physician's Institute, realizing the value of electricity in the treatment of certain phases of disease, created under the superintendence of its staff of specialists an electric belt, and this belt has been proved to be of great value as a curative agent. From time to time it has been improved until it reached that stage of perfection which warranted its present name of "Supreme." This belt is the most effective of all agents in the cure of rheumatism, lumbago, lame back, nervous exhaustion, weakened or lost vital functions, varicose veins, kidney disorders and many other complaints.

This "Supreme Electric Belt" is made in one grade only—100 gauge—there is no better electric belt made and no better belt can be made. Whenever in the opinion of our staff of specialists the wonderful curative and revitalizing forces of electricity will cure you we send you, free of all cost, one of these Supreme Electric Belts. It is not sent on trial, it is yours to keep forever without the payment of one cent. This generous offer may be withdrawn at any time, so you should write to-day for this free "Supreme Electric Belt" to the Physician's Institute, 2679, Unity Building, Chicago, Ill.

will secure an erect, easy, graceful carriage, cover his body with firm, pliable muscles, and prepare himself for the hard training necessary for the violent exer-



Breathing Exercise, Second Position—Working Arms Up and Down Above the Head, with Filled Lungs.

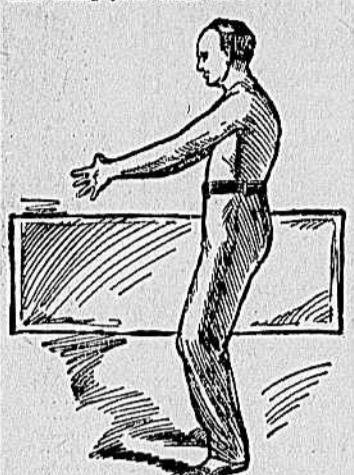
cises of boxing and most vigorous outdoor sports.

How to Stand—Stand up against a wall with your arms by your sides, your heels, shoulders and head touching the wall. Draw in your abdomen. Hold your head erect, with the chin well in, so that when you look straight ahead your glance strikes the floor about fifteen or twenty feet in front of you. Take several steps forward and stand with your

heels together. You are now ready for the first exercise.

Exercise 1. Lift your arms until they

Breathing Exercise, Sixth Position—Fill the Lungs, Then Draw in Abdomen, and Prepare to Lift Joined Hands Above the Head.

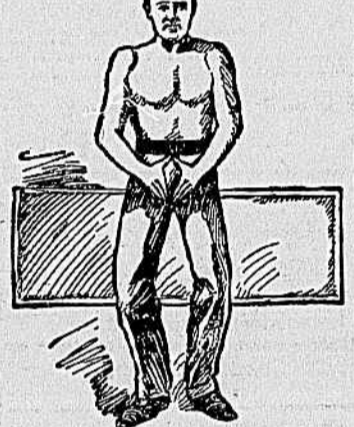


Breathing Exercise, Fifth Position—Force Air in Lungs by Pressing Out Abdomen.

possible. Do this ten times. Then drop your arms to your sides.

Exercise 2. Lift your arms outward with an easy, gentle motion up above your head, reaching as high as you can, but keeping your heels in the floor. Then lower them again gently to the first position. Do this ten times. In lifting your arms inhale, and in lowering exhale.

In both these exercises be careful that



Breathing Exercise, Sixth Position—Fill the Lungs, Then Draw in Abdomen, and Prepare to Lift Joined Hands Above the Head.

you breathe as directed, and hold your body, except the arms and shoulders, as in the standing position. These exercises will develop the muscles of your back, chest and shoulders and will increase your lung capacity greatly in a short time.

Exercise 3. Place the hands on the hips. Bend to the right as far as possible; then bend back again and to the left as far as you can. Do this twenty times.

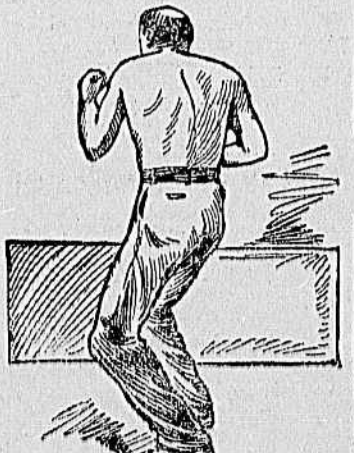


Breathing Exercise, Seventh Position—Punching from Side to Side with Filled Lungs.

Do not move by jerks, but smoothly and not too fast.

Exercise 4. Bend forward as far as you can, and then backward as far as you can, with a gentle, even motion. Do this twenty times.

Exercise 5. Place hands in front of belt line, finger tips touching. Draw in air, pressing out abdomen at the same



Breathing Exercise, Back View Position Seven, Showing the Muscles of the Back While Punching from Side to Side During Vigorous Respiration.

time. This exercise fills all parts of the lungs.

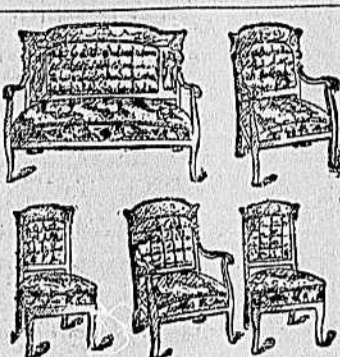
Exercise 6. Place hands as in exercise 5. Draw in a full breath, contract muscles of abdomen and slowly raise joined

The Store that saves you money

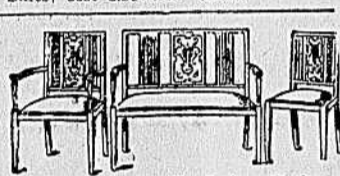
To-Day Is the Time

for you to look about your house and note what is needed in Furniture to better the looks for the Thanksgiving season. It is time for you to select that something needed from our stock. You'll find none more to your advantage in every way.

Quality, Assortment and Price is Sure to Please You.



\$47.50 for this Massive Frame Parlor Suite; five large in fine verona; cost regularly \$60. In no verona; cost regularly \$60. \$24.75 for Large Five-Piece Silk Damask Covered Parlor Suite; cost elsewhere \$30.00.

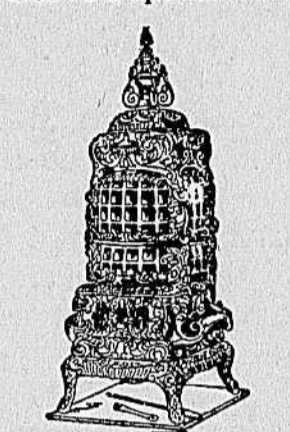


\$15.75 for pretty 3-piece Parlor Suite; beautiful mahogany frame; covered in silk damask or verona; worth \$24.50. \$7.50 for 3-piece Tapestry Covered Suite.

Carpets and Rugs.
The largest assortment of the latest styles of Carpets shown in the city; every grade of Floor Covering from the cheapest to the best.
Heavy Union Ingrain Carpet.....25c
Good quality Ingrain Carpet.....45c
Tapestry Carpet.....60c
Extra quality Brussels Carpet.....75c
Velvet Carpet.....95c
\$26.4 Smyrna Rug.....\$1.25
Carpet-Size Brussels Rugs.....\$12.50

Lace Curtains.
Large assortment of fine and medium-priced Curtains and Portieres.
Extra Heavy Nottingham Curtains.....98c
Fine quality Nottingham Curtains.....1.48
Full-length Irish Point Curtains.....3.95
Extra Fine Irish Point Curtains.....5.50
\$2.95 for Heavy Tapestry Portieres, full size.
\$7.95 for Extra Quality Mercerized Portieres, worth \$10.00.
98c for Good 6-4 Tapestry Table Covers, worth \$1.50.

Stove Department.



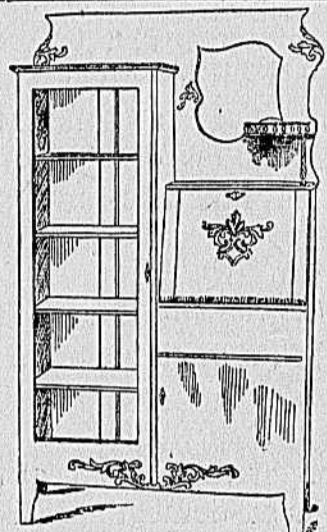
Cooking and Heating Stoves and Ranges of every kind, also Gas, Gasoline and Oil Stoves.
\$3.95 and upwards for Heating Stoves.
\$10.95 for a Large High-Class Range.



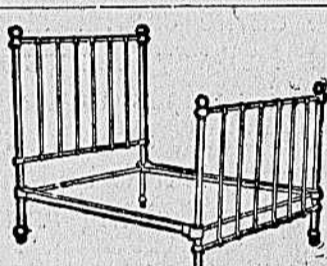
\$20.50 a full Swell-Front Golden Oak Suite; finely carved, large bevel plate mirror, regular value \$35.00.
\$13.95 for three-piece Well-Made Solid Oak Suite; nicely carved and finished; cost elsewhere \$20.
\$39.75 for Extra Large Finely-Finished Oak Bed-Room Suite; handsome carvings, full roll-top dressing case and bedstead; regular \$50 value.



\$5.95 for Large Tufted Oak Frame Couch, covered in velvet, regular value \$9.00.
\$10.95 for Extra Large Hand-carved Tufted Verona covered Couch, regular value \$15.00.



\$21.75 for Very Large, Magnificent Oak Combination Case; quartered oak, polished finish, bent glass door, regular value \$30.

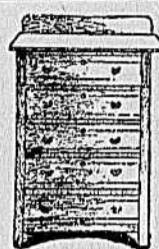


\$2.95 for Brass-Trimmed White Enameled Bed, good value for \$4.00.
\$1.48 for Double Size White Enameled Bed, worth \$3.

\$7.95 for this Beautiful Metal Bed, fine white enamel finish, cost elsewhere \$12.00.

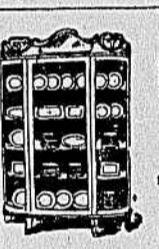


\$1.95 for Highly Polished Parlor Table, 24x34 inch top, oak or mahogany finish, regular value \$3.50.
\$3.75 for Beautiful French Leg Parlor Table, regular value \$5.50.



\$21.75 for very large Golden Oak Sideboard; 8 used front, nicely finished, large French plate mirror; regular value \$28.00.

\$9.75 for an Excellent Oak Sideboard; highly polished quartered oak, canopy top, extra large French mirror, regular value \$14.



\$14.95 for pretty Golden Oak China Closet, with oval glass ends, cost elsewhere \$21.00.



\$22.50 for Handsomely Carved China Closet, with glass back, cost elsewhere \$28.



\$4.45 for Oak Morris Chair, with velvet cushions, regular price \$7.50.
\$9.50 for extra large Quartered Oak and Polished Morris Chair, with fine verona cushion; worth \$14.00.

CREDIT AND TERMS TO SUIT.

PETTIT & CO., CORNER FOUSHEE AND BROAD STREETS.



Bind It Up.

Ever since men became weary and women ministered to them, it has been the custom to bind up any weak part of the body as the best preventive and relief for fatigue. Now the "Dorothy Dodd" shoe is made in such a manner that it "binds up" and

Supports the weak part of the foot, which is the arch. It strengthens and sustains the overworked muscles there which stretch at every step.

But it does not itself yield! Examine a "Dorothy Dodd" after two months' hard service and you find the shank has lost none of its curve. Examine any other shoe after only two weeks and see how the shank has lost its stiffness and bends at each step. No support to the arch there! And the result is that long walking becomes wearisome.

Sincerely yours,

Dorothy Dodd

Oxfords, \$2.50; Boots, \$3.00. Specials, 50c. more. Fast-color eyelets do not wear away.

Dalbey Johnston
THIRD AND BROAD STREETS

COAL.

You can't be happy if you are burning poor Coal. The Coal we sell is not a worry producer. It is a worry saver. We handle all kinds of Anthracite, Steam, Egg, Nut and Broken Splint, Lump, Fire Creek Lump, New River Lump and Steam Coal.

COKE.

Why not try a load of our Domestic Cook for cooking stoves? It will save you money.

WOOD.

We handle all kinds of Oak and Pine wood, long and sawed; in any length to suit any stove. Give us a call and be convinced.

Nelson & Ladd,
Phone 1090; 1710 East Broad Street.



L. J. Hayden
Manufacturer of
PURE HERB MEDICINE.
In view of the fact that the human body is made of blood, and that the blood is the life-giving element, it is of the utmost importance that the blood be kept pure and healthy. I have discovered a way to do this, and I am now offering it to the public. It is a pure herb medicine, and it will cure all diseases of the blood, such as skin diseases, all itching eruptions, Leucorrhea, Gonorrhea, Syphilis, Liver, Bladder, Kidney, and all other diseases of the urinary system. It will also cure all diseases of the digestive system, such as indigestion, constipation, and all other diseases of the stomach and bowels. It will also cure all diseases of the nervous system, such as neuralgia, neuritis, and all other diseases of the nerves. It will also cure all diseases of the respiratory system, such as asthma, bronchitis, and all other diseases of the lungs. It will also cure all diseases of the circulatory system, such as heart disease, and all other diseases of the blood vessels. It will also cure all diseases of the reproductive system, such as impotence, and all other diseases of the reproductive organs. It will also cure all diseases of the endocrine system, such as diabetes, and all other diseases of the endocrine glands. It will also cure all diseases of the excretory system, such as gout, and all other diseases of the excretory organs. It will also cure all diseases of the integumentary system, such as eczema, and all other diseases of the skin. It will also cure all diseases of the musculoskeletal system, such as rheumatism, and all other diseases of the muscles and bones. It will also cure all diseases of the sensory system, such as deafness, and all other diseases of the senses. It will also cure all diseases of the motor system, such as paralysis, and all other diseases of the muscles. It will also cure all diseases of the reproductive system, such as impotence, and all other diseases of the reproductive organs. It will also cure all diseases of the endocrine system, such as diabetes, and all other diseases of the endocrine glands. It will also cure all diseases of the excretory system, such as gout, and all other diseases of the excretory organs. It will also cure all diseases of the integumentary system, such as eczema, and all other diseases of the skin. It will also cure all diseases of the musculoskeletal system, such as rheumatism, and all other diseases of the muscles and bones. It will also cure all diseases of the sensory system, such as deafness, and all other diseases of the senses. It will also cure all diseases of the motor system, such as paralysis, and all other diseases of the muscles.

Vigorous Rubbing

with Dixie Nerve and Bone Liniment will cure Rheumatism, Neuralgia, Driven Nerves, and Shingles. Enlarged Joints, Pains in Sides, Back, Shoulders and Limbs. Best on the Head and Neck, for a lame neck it has no equal.

THE FULTON YEAST CAKE
HAS STOOD THE TEST FOR 23 YEARS.
A purely vegetable product, made in round dry cakes from Virginia corn meal, hop and potatoes. It is indisputably the most nutritious, healthful, economical yeast cake on the market. It retains the moisture in the bread for four or five days. Always ready, never spoils, and may be used in any quantity.
AT ALL GROCERS. Manufactured by
FULTON YEAST COMPANY,
RICHMOND, VIRGINIA.

PUMPKIN AND MINGE PIES FOR THANKSGIVING
Have a large share of our best attention long before the day comes round. That these pastries will be fit for the feast—sweet, aromatic, "tasty," delicious, wholesome and altogether satisfying our reputation assures.
Please place your Thanksgiving orders with us as early as possible.
L. BROMM,
516 E. Marshall Street.